Some of the online versions of these and various notes are at https://sites.google.com/site/treonverderyideas/some-transcribed-paper-notes-and-various-technologies-and-thoughts

wikipedia says, “Carbohydrate fractions in biomass such as cellulose undergo sequential hydrolysis and hydrogenation in the presence of metal catalysts to produce sorbitol. [26] Complete reduction of sorbitol opens the way to alkanes, such as hexane”

consider advertising on craigslist for an exercise partner

things taking on characteristics of what they are near reminds me of IT

pattern resonance craft; there is a thing: “Hawkes processes are a particularly interesting class of stochastic process that have been applied in diverse areas, from earthquake modelling to financial analysis. They are point processes whose defining characteristic is that they 'self-excite', meaning that **each arrival increases the rate of future arrivals for some period of time**. Hawkes processes are well established, particularly within the financial literature” reminds me of “sympathetic magic” and thing like putting a blue circle on something makes it become more orderly and calmer.
Also:
https://www.halfbakery.com/idea/Information_20Rocket Says something I do not comprehend that reminds me of greenshift and also time dilation from

gravity: Mindey writes “Suppose the source of entropy is a ball in a direction perpendicular to the arrow of time (just like often sources of gravity are balls in the directions perpendicular to orbital satellite motions). E.g., assume that we are traveling in a temporal curvature, i.e., if the 5 billion years ago looks temporarily behind, perhaps 10 billion years ago is actually not directly behind, but at an angle like satellites traveling in a circular or elliptic orbits are, because a planet is a ball- like structure.”

dasibinitab or some other senolytic maked 75-90 year human equivalent mice to live 36% longer. gmail has the actual name senolytic references

GSK: although they likely have already considered it, tetrapeptide-7 reduces

inflammation so could be dermatological cream ingedient, “Palmitoyl tetrapeptide-7 is mainly used in anti aging products for its ability to lighten skin and improve skin elasticity. Following are some of the important benefits the chemical provides, making it a common ingredient in anti aging skin care products:

- The higher concentration of this chemical in beauty products may reduce the production of interleukin to up to 40 percent. Interleukin is a chemical often associated with inflammation, as the body creates it in response to damage. For example, skin cells damaged due to the over exposure to the UV rays can cause the production of this chemical, leading to cell deterioration from inflammation. By blocking this chemical, palmitoyl tetrapeptide 7 relieves some of the chemical pressure on the skin, and allows it to heal faster.”
-

Tp-7 also has skin lightening effects. “reduces problems with skin roughness, fine lines, thin skin and wrinkles.” another skin soother is Bisabolol Dragosantol (alibaba) “in-vivo proven efficacy. When a cream or lotion is able to soothe skin erythema”

If snorted, **melanostatine, a tripeptide, might do something. It is an antidepressant**. on alibaba at https://bcbiotech.en.alibaba.com/productgrouplist-805847061/Cosmetics_raw_material.html?

spm=a2700.icbuShop.98.2.1514348ehyr7Na

“The effects of tripeptide melanostatine (Melano-Inhibitory Factor--MIF-1) in concentrations 10(-7)-10(-5) M on parameters of focal potentials (FPs) were studied in slices of rat olfactory and parietal cortex. The addition of MIF-1 to perfusion fluid caused in olfactory cortex the primary depression of FP amplitudes evoked by stimulation of the lateral olfactory tract (LOT); this depression was replaced by restoration and prolonged (30-40 min) enhancement of FP amplitudes and by appearance of additional FP components, such as disynaptic EPSPs and IPSPs. In parietal cortex slices MIF-1 caused the elevation of FP amplitudes evoked by stimulating adjoining points. The repetitive perfusion of slices with MIF-1 potentiated the peptide effect on the increase of FP amplitudes. During excitatory period MIF-1 influenced specifically the functional plasticity in olfactory cortex, having facilitated the induction and sustaining of post-tetanic potentiation (PTP). Data observed support the idea of the activatory influence of MIF-1 on the CNS at the cellular level, which is likely to lie in the ground of antidepressant properties of this peptide.

no wikipedia on it yet.

D-ribose $25-35/Kg (alibaba) , “chronic fatigue syndrome found D-ribose supplementation an effective treatment. In the trial, patients received 5 grams of D-ribose three times daily, for approximately two and a half weeks. At the end of the test period, participants reported improvements in energy, sleep, mental clarity, pain intensity, and overall well-being”

Testing the NMN to see if it authentic: get some NMN capsules from ebay:

same taste
same mass dissolves in 1 Ml water; dump it in until it reaches a particular level on a graduated cylinder. See if the two chemicals has same solubility.

crystallize onto glass; see if crystals are same shape